

MEDITERRANEAN DIET: SAMPLE MENUES

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EACH DAY IS APPROXIMATELY 1800 CALORIES AND 30% FAT

Example #1

- B) 1 cup Bran Flakes + 2 T dried apricots
½ cup skim milk
1 medium orange (citrus fruit)
2 slices whole wheat toast
2 T jam
Coffee

- L) 2 slices whole wheat bread
3 oz deli ham – regular
½ oz Swiss cheese
Dijon mustard
1 cup watermelon (red vegetable + one other fruit)
2 cups tossed salad
1 tsp olive oil + vinegar

- D) 1 cup sautéed acorn squash (yellow/orange vegetable)
made with 1 T Olive oil
5 oz skinless chicken breast cooked in 1 tsp olive oil with 1T fresh parsley and oregano
½ cup snow peas + 1/2 cup zucchini (dark green vegetable) sautéed with
garlic in 1 tsp olive oil, topped with 1 T chopped hazelnuts*

- S) 6 oz low fat yogurt
2 T raisins (other fruits)
2 T hazelnuts, chopped

*Recipe given

1800 CALORIES AND 30% FAT

Example #2

- B) ½ cup uncooked oatmeal
1 T almonds, chopped
1 cup strawberries (Vitamin C fruit)

- L) 1 cup northern beans mixed with 2 tsp olive oil and chopped onions.*
3 cups tossed dark green + diced tomato salad (dark green and red vegetable) with ¼ cup fat free croutons and 1T fresh herbs (parsley and dill)
2 tsp olive oil + 1 tsp vinegar

- S) 1 small apple (other fruit)

- D) 1 cup rice pilaf made with 1 tsp olive oil*
½ cup roasted green beans + ½ cup carrots (yellow/orange vegetable)
+1 tsp olive oil
4 oz pork loin, roasted
3 T cranberry sauce (other fruit)
8 oz skim milk

- S) ¼ cup trail mix

*Recipe given

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Example #3

- B) 1 large bagel
6 oz. nonfat yogurt
1 T chopped hazelnuts
½ pink grapefruit (red vegetable + citrus fruit)

- L) Deli roast beef sandwich
2 oz roast beef
2 slices rye bread
¾ cup coleslaw (other vegetable) made with olive oil vinaigrette
+ 1 tsp dried herb (basil, dill or parsley)
1 medium apple (other fruits)
10 baby carrots (yellow/orange vegetable)

- D) 1 large potato prepared as oven fries with 1 T olive oil* (other vegetable)
1 cup broccoli, roasted with 1 tsp olive oil and 1 clove minced garlic*
(dark green vegetable)
5 oz catfish – baked with no fat added.
8 oz skim milk

- S) ¼ cup trail mix

*Recipe given

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Example #4

- B) 1 egg cooked in 1 tsp olive oil
1 oz Canadian bacon
1 whole wheat English muffin
1 orange (citrus fruit)
Coffee

- L) Chicken breast on wheat bun (chicken brushed with 1 tsp olive oil)
BBQ sauce
1 cup raw broccoli (dark green vegetable)
 + 10 baby carrots (yellow/orange vegetable)
3 T fat free ranch dressing + ½ tsp garlic powder + ½ tsp dill and/or other herb

- S) 8 oz nonfat yogurt
3 T chopped hazelnuts
1 medium banana

- D) 2 corn tortillas brushed with 2 tsp olive oil and baked
1 oz avocado
10 black olives
½ cup fat free refried beans made with ½ tsp garlic powder
¼ cup chopped tomato (red vegetable)
Shredded lettuce (dark green vegetable)
1 ½ oz reduced fat Monterey Jack Cheese
¼ cup salsa

- S) 1 pear (other fruits)
Tea

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Example #5

- B) 1 cup Bran Flakes
1 cup skim milk
1 medium banana
1 T hazelnuts
Coffee

- L) Tuna/bean salad * (has two tomatoes = red vegetable)
+ 1 cup sliced yellow pepper (yellow/orange vegetable)

- S) 6 oz non fat yogurt
2 T raisins (other fruits)
2 T hazelnuts

- D) 1 cup spaghetti
½ cup fat free, jar tomato sauce (red vegetable)
+ chopped onion and lean beef added
2 cups green leaf salad (dark green vegetable)
+ ½ cup chopped cucumber (other vegetable)
+ homemade V/O (2 tsp olive oil, 1 tsp vinegar + 1 tsp dried herbs)
1 small piece French bread dipped in 1 tsp olive oil
2 T parmesan cheese

- S) 4 cups 94% fat free popcorn + 1 cup orange juice (citrus fruit)

*Recipe given

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Example #6

- B) 1 ½ cup Special K cereal + 2 T dried cherries (other fruits)
½ cup milk
1 medium banana (other fruits)
1 T hazelnuts
- S) 6 oz nonfat yogurt
- L) Bean Burrito:
 - 1 flour tortilla
 - ½ cup Easy Refritos*
 - 1 medium tomato (red vegetable)
 - 1 cup cooked broccoli (dark green vegetable)
 - 10 large black olives
 - ½ papaya (1 serving of citrus fruit)
- S) Cappuccino (4 oz skim milk + 4 oz coffee)
- D) Greek Rice Pilaf *
 - 3 oz salmon brushed with 1 tsp olive oil
 - ½ cup roasted green beans (other vegetable) + ½ cup red pepper (yellow/orange vegetable)
 - with 1 tsp olive oil, 1 tsp dried parsley and 1 clove minced garlic
- S) ¼ cup trail mix
6 oz nonfat yogurt
10 baby carrots (red vegetable)

*Recipe given

#6B. Same diet but switch Catfish for Salmon 1833 kcal/33% Fat 1:2:5 (P:S:M)

1800 CALORIES AND 30% FAT

Example #7

- B) 1 large bagel
1 T light cream cheese (Neufchatel)
1 T jam
½ pink grapefruit (citrus fruit + red vegetable)
½ cup skim milk
½ cup coffee

- L) 1 medium pita
2 oz deli turkey
1 T pesto*
1 lettuce leaf (dark green vegetable)
2 slices tomato (red vegetable)
1 cup cooked spinach sautéed with 2 T chopped onions in 1 tsp olive oil

- S) 8 oz nonfat yogurt
½ mango (yellow/orange vegetable)
2 T chopped hazelnuts

- D) Grilled Chicken Caesar Salad
3 oz grilled chicken breast brushed with 1 tsp olive oil
2 T fat free Caesar dressing mixed with 2 tsp olive oil
2 T Parmesan cheese
4 cups romaine lettuce (dark green vegetable)
+ 8-10 cherry tomatoes (red vegetable)
¼ cup fat free croutons
2 small pieces French bread
2 T Tapenade*
Cappuccino (½ cup skim milk + ½ cup coffee)

- S) 4 cups Pop Secret 94% fat free popcorn + 4 dried apricot (other fruits)

*Recipe provided